



San Francisco VA Medical Center

Predoctoral Internship in Clinical Psychology

2011-2012

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Director of Psychology Training**



The predoctoral Clinical Psychology Internship Training Program at the San Francisco VA Medical Center is fully accredited by the Commission on Accreditation of the American Psychological Association (the next site visit will be 2011). Our psychology internship is affiliated with the University of California, San Francisco. The application deadline is NOVEMBER 1, 2010.

The Training Setting

Hospital Community

The San Francisco VA Medical Center (SFVAMC), or "Fort Miley," as it is known to native San Franciscans, is a nationally known teaching hospital in one of the most cosmopolitan cities in the world. Located on a hill 7 miles from downtown San Francisco, the hospital overlooks the Pacific Ocean to the west and the Golden Gate Bridge to the north. The grounds cover approximately 30 acres and include 23 buildings.

Each year SFVAMC provides diagnostic and treatment services to more than 400,000 veterans living in an 8-county area of Northern California in a number of specialty areas including neurological diseases, cardiology, oncology, renal dialysis, and open heart surgery in addition to mental health and substance abuse treatment. SFVAMC is fully accredited by the Joint Commission for its general medical and surgical programs as well as its psychiatry and substance abuse programs.

Through major affiliations with the Schools of Medicine, Nursing, Dentistry and Pharmacy of the University of California San Francisco (UCSF), and a number of other institutions, SFVAMC conducts formal, integrated educational programs at the undergraduate, graduate, house staff, and fellowship levels. More than 1500 students are trained annually in 60 professional and allied health academic programs approved by the American Medical Association, the Council of Teaching Hospitals of the Association of American Medical Colleges and the West Bay Hospital Conference. UCSF Medical Center ranks among the Nation's top 10 premier hospitals for the 10th consecutive year and is the best in Northern California, according to the 2010-11 America's Best Hospitals survey conducted by U.S. News & World Report.

In addition to its broader commitment to the veteran population and education, SFVAMC has the largest funded research program in the Veterans Health Administration with more than \$77 million in expenditures for FY09. SFVAMC also has the largest non-profit research foundation, Northern California Institute for Research and Education (NCIRE), also known as The Veterans Health Research Institute, which administers \$54 million dollars from which indirect costs serve to enhance the VA research enterprise.

Patient Population

The San Francisco VA Medical Center serves a predominantly male population ranging in age from 18 to 90+ years, although the number of women accessing services is increasing. All racial/ethnic groups are

represented and there is a large LGBT community. Patients span the spectrum of socioeconomic classes but most are considered “working class.”

Veterans do not have to have served in a war to receive benefits; however, the largest cohorts are the World War II/Korean Conflict veterans and the Vietnam Era veterans. Veterans from the Persian Gulf War (Desert Storm, Desert Shield) and the current conflicts in Iraq and Afghanistan (Operation Enduring Freedom, Operation Iraqi Freedom) also receive health care in the VA system. Of late, particular attention has been paid to program development and special services in order to meet the needs of our returning warriors.

Psychology Setting within SFVAMC

Psychological services and psychology training at San Francisco VA Medical Center are embedded into the Mental Health Service. The Mental Health Service teams have an interdisciplinary structure with the following disciplines represented: psychology, psychiatry, social work, nursing, internal medicine, addictions specialists.

Psychologists hold key positions in many of our specialized treatment clinics such as General Psychiatry Outpatient Clinic, PTSD Clinical Team, Substance Abuse Programs, Neuropsychological and Psychological Assessment Program, Health Psychology, Pain Management Clinic, Integrated Mental Health and Primary Care, Women’s Clinic, Psychosocial Rehabilitation, Geropsychology, Home-based Primary Care and Suicide Prevention Team. We also have psychologists in our outlying Community-Based Outpatient Clinics in Santa Rosa and Eureka, CA.

The psychology internship rotations involve placements in the clinics under the primary supervision of licensed psychologists. Up to 24 psychologists participate as supervisors on internship rotations, as well as psychiatrists and social workers. Approximately 15 core supervising psychologists belong to the Psychology Training Committee headed by the Director of Psychology Training. All supervising psychologists and psychiatrists have clinical faculty appointments in the Department of Psychiatry (Langley Porter Psychiatric Institute) at University of California, San Francisco Medical School. The clinical, teaching and scholarly achievements of our faculty are extensive, and are delineated at the end of this brochure.

General Breadth of Training

Education of current and future health care providers is one of the five missions of the San Francisco VA Medical Center. Over 650 fellows, residents, interns and students from a wide array of disciplines train here yearly. Mental Health Grand Rounds occur monthly. Unit based in-services are offered regularly. Since the Mental Health Service is affiliated with the Department of Psychiatry, UCSF Medical School, our staff and trainees have access to their library, colloquia and seminars including weekly Psychiatry Grand Rounds.

The predoctoral Clinical Psychology Internship Training Program at SFVAMC is fully accredited by the American Psychological Association (and first received such accreditation in 1979). It does not offer specialty training in Counseling Psychology. We do, however, accept qualified students from APA-approved counseling programs who are interested in and who qualify for a general clinical internship.

In 2000, the San Francisco VA Medical Center inaugurated a VA-funded clinical Postdoctoral Clinical Psychology Fellowship Program with emphasis in the areas of Posttraumatic Stress Disorders and Substance Use Disorders. Since 2007, our fellowship has expanded to include emphasis areas in Women's Mental Health and Trauma, Primary Care Psychology, HIV Medicine, Psychosocial Rehabilitation, Rural Psychology and a 2-year Clinical Neuropsychology residency. Predoctoral interns are welcome to apply for fellowship positions, providing the potential for two sequential years of training in professional psychology at San Francisco VA Medical Center. Additionally, San Francisco has a large psychology externship (practicum training) program educating psychology doctoral students from local graduate programs.

SFVAMC Website Link

<http://www.sanfrancisco.va.gov/index.asp>

SFVAMC Training Program Website Link

<http://www.sanfrancisco.va.gov/education/psychologytraining.asp>

Training Model and Program Philosophy

The philosophy of our psychology training program is best described as scholar-practitioner and training occurs in the context of the clinical and assessment rotations.

Our training model is developmental in nature. Interns move from close supervision and more intensive instruction to relatively autonomous functioning over the course of the rotation and the year. Interns take an active and responsible role in developing their own training plans and in adjusting it to meet their needs and emerging interests. Through this model, graduating interns develop the competencies and sense of professional identity needed for post-doctoral fellowships or entry-level positions in psychology.

A cornerstone of our training philosophy is an emphasis on breadth while also allowing for individual interests. In our view, a major strength of our training program is in its ability to provide interns with an overall breadth of training without sacrificing the quality, meaningfulness or depth provided in each individual rotation. Interns can expect to obtain a well-rounded yet thorough exposure to experiences that are basic to the practice of clinical psychology. Past interns frequently have given us feedback about how useful this type of training experience was to them in preparing for real-world careers and/or advanced training. This generalized training is reflected both in the variety of training assignments provided and in the range of theoretical orientations among the psychology staff, (which include psychodynamic, cognitive-behavioral, systems, and existential approaches). And while generalist in nature, the internship allows for the option (if desired) of focusing on a particular population, for example trauma, addictions, chronically mentally ill, neuropsychology, behavioral medicine or family/group therapy. Another focus and, we believe, strength of our program is in the relatively "integrative" theoretical atmosphere that exists. Our emphasis is on interns gaining basic conceptual tools for thinking through the implications of varying perspectives. They are not likely to find themselves in a bind between staff members who are theoretically hostile toward each other. This allows interns a fertile atmosphere for evolving their own independent views.

Most of our staff have active scholarly or research interests and activities. The atmosphere in our setting encourages the role of a clinical psychologist as a Scholar-Practitioner who values and engages in academic/research endeavors. When there is intern interest, there is ample opportunity for discussing research issues on an individual basis with staff or in the context of seminars. It may be possible for an intern to participate in staff studies or to formulate a new mini-project with a staff member. However, as a general rule, it is our view that one year is hardly enough time for interns to achieve their desired clinical goals as well as set up large blocks of time specifically for research activities.

A major goal of the training program is to encourage and to promote open communication, ample feedback, and the freedom to explore the issues involved in becoming a professional psychologist (e.g. professional identity, ethics, interface with colleagues from other disciplines, etc.). Consistent with our overall philosophy, we also expect interns to be open to self-exploration of countertransference and other personal reactions that manifest in contact with patients. These issues are most typically broached in supervision.

Our training program is sensitive to individual differences and diversity and is predicated on the idea that psychology practice is improved when we develop a broader and more compassionate view of individual differences. In our efforts to train culturally aware and competent psychologists, our program integrates diversity-focused training in the forms of clinical supervision, didactic seminars and clinical case conferences. Our program faculty has expertise working with patients from various racial/ethnic groups, sexual/gender orientations, religious affiliations, and age groups. This is also reflected through the work of our thriving Psychology Diversity Committee.

Program Goals and Objectives

In the service of training students who think critically about psychological issues and apply theory to practice, we are clear about expectations of our graduates. These expectations are rooted in specific competency goals in the areas of assessment; intervention; consultation; professional, ethical, and legal conduct; scholarly inquiry; sensitivity to diversity, and professional development.

The Training Program Model and Philosophy are expressed in the following training goals:

1. Interns will develop competence in psychological evaluation and assessment of adults with a variety of diagnoses, problems, and needs. Although interns receive supervised training using a wide range of techniques, emphasis is placed on the administration and scoring of neuropsychological and psychological assessment instruments.
2. Interns will develop competence in the provision of psychological interventions to adults with a variety of diagnoses, problems, and needs through supervised experience in a variety of clinical and theoretical approaches. Interns gain supervised experience and are exposed to a range of therapeutic orientations, techniques, and approaches and are expected to develop competency in general psychotherapy skills.
3. Interns will develop competence in providing consultation and in translating psychological principles to colleagues, trainees, and others. Interns should be able to think rigorously about what they do as psychologists and to communicate their ideas openly and effectively with supervisors, peers, patients and provide colleagues and trainees with feedback and guidance and to translate psychological principles and findings to professionals from different disciplines.

4. Interns will demonstrate professional behavior consistent with professional standards and ethical guidelines. They will have a mature understanding of professional ethics as well as issues of ethnic, cultural, gender, and sexual diversity.
5. Interns will understand the interface between science and practice and apply scientific knowledge to the clinical setting and become educated consumers of empirical research.
6. Interns will develop the ability to utilize supervision and mentoring regarding professional development and growth. Interns are expected to develop openness, flexibility and a sincere interest in learning about themselves.

Program Structure

The training program is organized, with some variations, into two six-month semesters. Two rotations are required: neuropsychology and substance abuse treatment and the rest of the time is individualized to each intern.

Neuropsychological and Psychological Assessment is a year long, 12 hr per week commitment. Our reasoning to require this is that sustained exposure to current practices and empirical data related to clinical neuropsychology during the internship provides a strong foundation for the biopsychosocial understanding of a range of populations and the ability to provide clinical consultation across clinics. This complements training in most other rotations and prepares interns for future careers by providing a solid foundation in understanding underpinnings of various psychiatric disorders. Clinical conceptualization, methodical inquiry using a broad range of assessment techniques, hypothesis testing, and collaborative feedback/consultation are the typical sequence. Neuropsychology is a field that is strongly tied to the rapid advances in clinical neuroscience that are altering our perspective on a range of issues related to the practice of clinical psychology. A year long exposure permits interns with a generalist background to gain greater knowledge of the strengths and limitations of psychological and neuropsychological evaluation strategies.

Substance Abuse Treatment is a half-year five-hour weekly requirement (offered both in the Fall and Spring) in which the intern functions as a member of the Opioid Replacement Treatment Team (ORT), the Substance Abuse Day Hospital (SADH), the Substance Abuse/PTSD program (SUPT), and/or the Drug and Alcohol Treatment Team (DAT). Included is a weekly one hour didactic substance abuse seminar series that also satisfies the California licensure requirement for coursework in Substance Abuse Assessment and Treatment. Psychologists entering practice in every health care setting work with patients with substance use disorders but not all receive formal training in the area of assessment and treatment making this a marketable tool for the intern to gain. Additionally, the empirical literature demonstrates significant rates of co-occurring substance use disorders among populations with mood and anxiety disorders. Our program requires training in assessment, treatment, and multidisciplinary consultation for complex patients with co-occurring substance use disorders and Axis I & Axis II psychiatric disorders.

The rest of the interns' training experiences are determined by their particular interests and needs. Rotations may be divided into "major" and "minor" electives. We make every effort to maximize the opportunity for each intern to choose rotations of his or her choice, consistent with prior experience and relative deficiencies, constraints of ongoing commitments to certain training sites, and the desires of the other interns. We have been able to achieve this aim in almost all instances.

Rotation selection takes place at the end of the three-day Psychology Trainee Orientation. This Orientation allows trainees to meet the staff and to receive specific information about each rotation before making commitments for the year.

Typical clinical activities on each rotation include: initial evaluations and interviewing; assessment of personality, cognition and emotional functioning; differential diagnosis; psychotherapy with individuals, couples and groups; development and delivery of psychoeducational material; consultation with team members regarding patient care; writing of care plans and other administrative duties associated with patient care. In addition to the learning that occurs through clinical activities on the rotation, the intern receives didactic material and instruction to facilitate learning skills related to that rotation. Supervisors model and instruct the intern in using theory, literature and critical thought to formulate hypotheses regarding patients' behavior. At the outset of each rotation, the intern is assigned clinical responsibilities and provided with regular supervision to develop the skills and meet the goals and objectives that were outlined in the initial meetings. The expectation is that the intern will assume increasing autonomy for clinical services and will come to function as an integral member of the treatment team.

As part of the training experience, every intern participates in a weekly one-hour seminar designed for the exploration of professional, clinical, and training issues with fellow interns and staff. Interns will also attend a 16-session seminar at UCSF that focuses on evidence-based clinical interventions, career development, and licensure issues.

Time commitment: The internship requires a one-year, full-time training commitment of approximately 40 hours per week.

Supervision: Interns will receive at least four hours of regularly scheduled supervision per week, at least two of which will be individual supervision. Interns have one supervisor per rotation so supervision is plentiful and of high quality. Supervision and evaluation methods include intern self-report of clinical work, supervision sessions, live observation of intern-client or intern-staff interactions; review and co-signature of all written material such as progress notes or other additions to the computerized patient record system; observation of intern case formulation and case presentation in staff meetings, treatment planning conferences and other multidisciplinary settings; review of audiotape recording and/or videotape recording of psychotherapy and assessment sessions; and the review of psychological testing protocols and reports. Interns should expect to be assigned readings and literature reviews as part of their supervision.

Self Disclosure: Self-disclosure in forms of discussions about countertransference and personal reactions to patients may be required with some supervisors for the benefit of psychotherapy and intern development. Interns may also be asked to disclose personal information in the context of their training if the supervisor feels that such personal information is needed in order to evaluate or obtain assistance for a student whose personal problems are preventing the student from performing professional activities competently or whose problems are posing a threat to the student or others.

Mentorship: Mentors are psychologists on staff who agree to work with an intern throughout the training year in order to help the intern with professional development, morale, and other issues not directly related to supervision of clinical work.

Around August 1st, each intern will have the option to rank order three choices for mentor and submit them to the Director of Training. In instances when more than one intern prefers the same faculty member who cannot accommodate them all, selection will be made randomly. Otherwise, intern's choices will be honored.

The purpose of the Intern Mentor Program is to build a forum into our internship that focuses on professional development issues. It is important to have an opportunity to think about and discuss issues that effect your development as psychologists but are not directly related to the clinical supervisory process. Specific arrangements for meetings with mentors will be left to the respective interns and their mentors; interns may meet with mentors at any interval mutually agreed.

Evaluations: Our goal is to produce graduates who are prepared to assume different roles as professional psychologists. The training goals stated above describe the competencies that we feel are essential for this overarching goal and evaluations are necessary to guide and determine our progress in obtaining this goal.

Interns are formally evaluated at the mid-point and at the end of each training activity (3 months, 6 months, 9 months and 12 months depending on the length of the rotation). Evaluations are discussed with interns and may be modified by mutual agreement before being placed in the training files. Interns also are asked to evaluate their supervisors and rotations at mid point and end of year and an exit interview with the Director of Training will be completed at the end of internship to solicit feedback suggestions for the program going forward.

In response to APA's increasing emphasis on setting, measuring and objectifying criteria for acquisition of these skills, Intern Evaluations quantitatively track successful mastery of each competency area. To successfully complete our internship, an intern's final set of rotation evaluations should be rated at 80% competent.

A formal letter summarizing the rotations and respective evaluations will be sent to each intern's graduate school Director of Training after completion of the internship.

Internship Rotations

1. Neuropsychology and Psychological Assessment Program (12 hours per week): Johannes Rothlind, PhD

The Neuropsychology and Psychological Assessment Program provides assessment and consultation services to veterans with known or suspected neuropsychiatric disorders. Veterans receive individualized assessment in response to consult requests that may be submitted by clinical providers anywhere within the VA network of clinics. The assessments involve clinical interview, review of history and records, and standardized tests, and are designed in response to specific referral questions. The evaluations may be requested to help characterize neuropsychological strengths and deficits in order to assist in differential diagnosis, assess level of functioning, aid in placement decisions and treatment/rehabilitation planning, track recovery/deterioration, and/or evaluate efficacy of treatment interventions. Brief patient and family consultation focusing on psychoeducation is offered to patients with brain impairments and their loved ones, with a focus on promoting recovery and facilitating adaptation. Assessment and consultation services are provided to both outpatients and inpatients.

Training in this internship rotation includes didactics as well as supervised experience in provision of neuropsychological and psychodiagnostic evaluation and consultation services. The training program extends year-long and involves participation in two weekly seminars/case conferences (2.5 hours per week). Seminar topics include: basic neuroanatomy; review of current literature concerning brain-behavior relationships; neuropsychological assessment strategies; assessment of personality and psychosocial functioning; differential diagnosis; consultation and treatment issues for special populations; and clinical report-writing. Interns may also elect to attend brain autopsy and relevant neurology and psychiatry grand rounds as time permits. Each intern spends three months of the year in the multidisciplinary Memory Disorders Clinic. For the remaining nine months, interns are involved in assessment and consultation sessions with veterans in a variety of other settings. Opportunity for clinical training in the multidisciplinary Traumatic Brain Injury (TBI) clinical team is also available.

The didactic training and supervised clinical experiences are designed to enhance skills and to provide further experience in the areas of neuropsychological and psychological assessment and consultation. The objectives of the training include further developing assessment and case formulation and report writing skills, and interns also gain further experience and skill in communicating findings and clinical formulation to patients, family members and staff. Interns receive individual and group supervision throughout the year.

2. General Psychiatric Outpatient Services (GPOS) (6-10 hours per week): Jennifer Boyd, PhD, CPRP; Rob Daroff, MD; John Devine, MD; Michael Drexler, PhD, CPRP; Fred Hiatt, MD; Nick Rosenlicht, MD; John McQuaid, Ph.D.

GPOS offers evaluation and treatment for patients with a broad spectrum of psychiatric illnesses, including affective disorders, schizophrenia and other psychotic disorder, personality disorders, adjustment reactions, and organic mental disorders. Interns can work within the setting of a multi-disciplinary evaluation and treatment team, and receive comprehensive training in diagnostic assessments, development of treatment plans and in conducting appropriate psychological treatment. Treatment modalities utilized include individual psychotherapy, (particularly cognitive-behavioral as well as psychodynamic and supportive approaches), group psychotherapy, psychosocial rehabilitation and psychopharmacology clinics. Participation can occur, depending upon the intern's specific interests, within a particular specialty program in GPOS. These include an HIV Program, Transpersonal Program, Psychosocial Rehabilitation and Recovery Center (see separate description), and Affective Disorders Clinic (which includes specialty training in cognitive-behavioral therapy and related techniques). Weekly supervision is provided by John McQuaid, Ph.D., in addition to participation in team meetings and case conferences.

3. Psychosocial Rehabilitation (hours negotiable): Jennifer Boyd, PhD, CPRP; Michael Drexler, PhD, CPRP

The Psychosocial Rehabilitation and Recovery Center (PRRC) program directed by Dr. Boyd provides services to veterans with severe mental illness (SMI) with GAF scores of 50 or less. Diagnoses include schizophrenia, schizoaffective disorder, major depression, psychosis NOS, severe PTSD, and similar conditions. The PRRC offers services based on a community college model, and students (patients) select from among skills-based classes (groups), those that would contribute to their individually chosen recovery goals. The PRRCs are mandated at numerous VAs nationwide, with the charge of providing up to date evidence-based services contributing to role recovery in SMI. The PRRC interdisciplinary team includes psychology, social work, occupational therapy, nursing, recreational therapy, peer support and health

technicians, and trainees involved in this rich experience may include psychiatry residents, psychology interns, and psychology externs and others.

Working with members of the interdisciplinary team, the intern could be involved at all levels of the program, offering skills oriented classes (groups), individual intervention, and recovery oriented assessment as needed. Weekly individual and possible group supervision is provided (depending on the number of trainees). Attendance at weekly clinical staff meetings and trainings, as well as the monthly Psychosocial Rehabilitation Brown Bag Seminar is expected. Depending upon the total number of hours selected, the intern may also have the opportunity to provide group psychosocial rehabilitation interventions in the Psychiatric Intensive Outpatient Track and in the Psychiatric Inpatient Care Unit.

Interns are under the overall supervision of Dr. Jennifer Boyd, Director of the PRRC, and Dr. Michael Drexler, Local Psychosocial Recovery Coordinator for Severe Mental Illness.

4. Time Limited Dynamic Psychotherapy (4 hours per week): Victoria Tichenor, PhD; John Devine, MD

Using Hanna Levenson, Ph.D.'s model of TLDP (developed at SFVAMC) interns carry one individual psychotherapy patient in weekly therapy. Cases are formulated in the format of cyclical maladaptive patterns. Issues of defense, transference, countertransference and termination are significant foci. The therapy and supervision are process centered with special attention to working alliance, emotional experiencing, and therapist intentions/response modes. Group supervision and didactic sessions meet weekly (with second year psychiatry residents) co-led by Victoria Tichenor, Ph.D. and John Devine, M.D. Interns/residents present their videotaped sessions in group didactic and supervision. Trainees serve as consultants for one another. No previous psychodynamic experience required. TLDP is a six month rotation.

5. Substance Use/PTSD Team (SUPT) (10 hours per week): Sam Wan, PhD; John Straznickas, MD

This is a six-month or year-long rotation in which the intern receives clinical and didactic training in assessment and treatment with veterans suffering with co-occurring posttraumatic stress disorder and substance use disorders. These are common co-morbidities encountered in both veteran and non-veteran populations, which often lead to substantial problems in functioning. The co-complicating nature of the two disorders is such that over time, addiction interferes with amelioration of the trauma disorder and the trauma disorder in turn discourages seeking or obtaining recovery from addiction. The intern will learn techniques to work with these populations in a phase-oriented program which emphasizes group treatment, individual psychotherapy and psycho-educational modalities (e.g., anger management; mindfulness approaches; PTSD symptom management; relapse prevention). The intern(s) will work with a highly collaborative interdisciplinary team. This team provides a supportive context for intern clinical skill development and the exploration and insight into the common countertransference reactions to this patient population. The trainee will learn to provide evidence-based treatments for PTSD (i.e., cognitive processing therapy & exposure-based treatments), and systems informed, cognitive-behavioral, and psychodynamic therapies. The trainee will also increase understanding of the neurobiological underpinnings of substance dependence and psychopharmacology. Groups that are often led by trainees in SUPT include Seeking Safety, OEF/OIF drop-in, Reducing Avoidance, and Anger Management. There is a weekly interdisciplinary team meeting and a didactic seminar during which trainees have the opportunity to present their cases and

interesting topics and to learn from the team about the complex nature of treating co-occurring PTSD and substance use disorders.

**6. Substance Abuse Programs: Opioid Replacement Treatment Team (ORT) (3-6 hours per week):
Kellie Rollins, PsyD; David Kan, MD**

The Opioid Replacement Treatment Clinic (ORT) within the Substance Abuse Programs (SAP) of the Mental Health Service is an intensive outpatient substance abuse treatment program for patients with primary opioid dependence and offers comprehensive mental health services, psychosocial rehabilitation and medication-assisted treatments for addiction. The majority of ORT patients also have co-occurring psychiatric disorders and polysubstance abuse/dependence issues (e.g., stimulants, alcohol, benzodiazepines, nicotine). Given the destructive nature of chronic substance abuse, many also suffer from other medical illnesses such as hepatic diseases and psychosocial stressors such as homelessness.

ORT functions as a multidisciplinary hospital team that includes a psychologist, a psychiatrist, nurses, addiction therapists, psychology post-doctoral fellows, psychology interns, psychiatry residents, nursing students, a toxicology specialist and pharmacy staff. Although classified as an outpatient program, the milieu more resembles an intensive day program and many veterans come to the program 4-7 days per week. Dispensing is open every day and psychological services are offered primarily in the mornings Monday-Friday.

The ORT rotation provides interns with an opportunity to increase understanding of substance use disorders and develop a solid foundation in effective treatment strategies for addiction and recovery from the addiction lifestyle. The core of the intern's training experience will be to co-lead with Dr. Rollins a twice-weekly long-term Interpersonal Psychotherapy Process Group using a primarily dynamic/relational model. This is a lively, welcoming group that year after year interns report to be an excellent group therapy training opportunity. This rotation also satisfies the substance abuse requirement.

Additional and optional clinical opportunities for interns in ORT include individual psychotherapy cases (long-term and/or short-term problem focused; dynamic and behavioral) and co-facilitation of other psychotherapy groups (process-oriented and/or skills-based). Interns also have the opportunity to plan, develop, and implement a psychotherapy group of choice with Dr. Rollins or another psychology trainee. Examples of such groups in the past have been DBT, Seeking Safety, harm-reduction, social anxiety groups, anger management, young adults and others.

One hour per week of individual supervision will be provided by Kellie Rollins, PsyD, Staff Psychologist and Clinical Supervisor of ORT Clinic. Consultation with David Kan, MD, Staff Psychiatrist and Team Leader of ORT, will also be provided.

Interns will become fully integrated into the ORT Team and schedule permitting, may participate in weekly ORT Clinical Team Meetings and ORT didactics and the weekly advanced Substance Abuse Seminar chaired by Joan Zweben, Ph.D., a nationally recognized leader in the substance abuse field, and Peter Banys, MD, Chief of SFVAMC Substance Abuse Programs.

7. Substance Abuse Day Hospital (SADH): Chris Galloway, PhD; Ellen Herbst, MD

The Substance Abuse Day Hospital Program (SADH) provides comprehensive outpatient treatment to veterans with substance related disorders. SADH is the initial stabilization phase of addiction treatment. The SADH is a Monday-Friday intensive outpatient program in which patients attend therapeutic activities from 8:30 am- 4:00 pm. Veterans admitted to the SADH manifest problems based on the multiple disabilities which are typically related to a history of addiction to alcohol and other drugs of abuse. Problems may include psychiatric disorders such as primary affective disorders and primary psychoses, transient affective or psychotic symptoms resulting from substance abuse, PTSD or other anxiety disorders, dementia and varying degrees of cognitive impairment, and personality disorders of all types. The average age is 45 years old. Ethnic composition goes in the following order of magnitude: Caucasians, African Americans, Hispanics, and other groups. About 70% of enrollees have polysubstance abuse problems. Drugs of abuse include alcohol, amphetamines, cocaine, benzodiazepines, opiates and marijuana. Most patients have used drugs an average of 10-20 years. About 65% of enrolling patients are homeless at the time of presentation.

The SADH patient census is ~20 patients, and enrolls approximately 45 patients per month. Each patient has a case manager, however, groups are the primary mode of treatment. Group topics include relapse prevention, Seeking Safety, mindfulness meditation, psychoeducation, vocational therapy, recreational therapy, 12-step, and process. There are groups based upon CBT and DBT principles and groups designed to build a recovery oriented therapeutic milieu.

Interns rotating through the SADH will develop expertise in assessing, diagnosing and treating substance use disorders and related medical and psychiatric conditions, including managing and appropriately triaging intoxication and withdrawal. The intern will work directly with Dr. Herbst and Dr. Galloway in the initial management of patients on their first day of treatment.

There is a range of ongoing group therapy offerings on the SADH that interns may participate in. Additionally, interns may also have the opportunity to collaborate with SADH staff in developing and implementing new therapy groups. Interns will have an opportunity to work with other trainees, including addiction medicine fellows, anesthesia pain fellows, psychiatry residents, and medical students. The multidisciplinary team allows for a unique opportunity to collaborate with experts in related fields.

Supervision will be provided by Chris Galloway, Ph.D., Staff Psychologist and/or Ellen Herbst, MD, Staff Psychiatrist and Medical Director of SADH.

8. Drug and Alcohol Treatment Clinic (DAT): Chris Galloway, PhD

The Drug and Alcohol Treatment Clinic serves over 150 veterans with substance use disorders, primarily cocaine and alcohol dependence and is abstinence based. Treatment is based on a three phase model (roughly equivalent to early, middle and sustained recovery/abstinence) and the treatment modality is heavily group based. In this model, early treatment is highly structured and behaviorally oriented. More advanced phases are progressively less structured and more psychotherapy oriented.

Interns have clinical opportunities include co-facilitation of psychotherapy groups (process-oriented and skills-based), individual psychotherapy cases (both long-term and short-term problem-focused), case management, and psychodiagnostic assessments/treatment planning.

9. Posttraumatic Stress Disorder Clinical Team (PCT) (8-12 hours per week): Victoria Tichenor, Ph.D.; Dawn Lawhon, Ph.D.; Shira Maguen, Ph.D.; Angie Waldrop, PhD; Shannon McCaslin, PhD; Sabra Inslicht, PhD

The Clinic: The PTSD rotation is a six month commitment with the option to continue for a year with a long term individual and/or group psychotherapy or Prolonged Exposure if taken in the first rotation. The PCT functions in an interdisciplinary team format. The team provides particular opportunity to interface with psychiatrists on staff and in residency training. The Clinic provides treatment within a phase based model, utilizing an evidence based framework for treatment. Consultation regarding biological sequelae of PTSD is emphasized. The clinic serves veterans diagnosed with PTSD as a result of combat or sexual assault sustained during military service or traumatic experiences sustained in civilian life (childhood or adulthood). Our goal in training is for the intern to come away with an in depth understanding of the far reaching sequelae of trauma upon an individual's biology and relationship with self, other and world as well as an ability to assess, plan and carry out treatment utilizing best practices within a phase based model.

The intern's role will include participation in evaluation clinic, formulation of treatment plans for veterans referred to PCT, provision of individual psychotherapies, and participation in our extensive group therapy program. Evidence based treatments are well represented. Supervision will include one hour weekly with Ph.D. psychologist, one half hour following each group meeting, one hour group supervision for exposure therapies and a weekly hour long consultation team meeting with psychologist and psychiatrist staff and trainees (psychology fellows and interns, psychiatry residents and psychology externs). Weekly didactics include clinical issues, biology, theory, research, self care and case presentations by trainees.

10. Group Psychotherapy (2 hours weekly, six months): Russell Lemle, Ph.D.

Interns have the opportunity to co-lead with Russell Lemle, Ph.D. an on-going group psychotherapy for six months. Patients are veterans in advanced recovery from alcoholism and substance abuse. Treatment focus is on intrapsychic and interpersonal disorders, roughly using a Yalom orientation. Group is one hour weekly, supervision is half hour.

11. Process Psychotherapy (2 hours per week): Russell Lemle, Ph.D.

Interns can conduct individual or couples psychotherapy with a selected patient. Weekly group supervision is from a psychotherapy process perspective. Videotapes of sessions are attentively reviewed together. Cases are drawn from a wide spectrum of presenting problems.

12. Core of Psychotherapy Seminar (1.5 hours per week): Russell Lemle, Ph.D.

Interns may elect to attend a weekly one and a half hour seminar that delves the core of psychotherapy. It meets the entire year. The seminar covers three topics: (1) Reviewing videotapes of actual psychotherapies, the mechanisms of psychotherapy process are dissected at a micro level. (2) Moving outward from #1 above, larger issues about the nature of psychotherapy are discussed. (3) It is inevitable in conducting psychotherapy, and in being in this field, that emotional and personal reactions arise. The seminar takes time to explore and share these reactions in a supportive context.

13. Family Therapy (4-6 hours per week): Keith Armstrong, LCSW; Jordana Templin, LCSW; Eileen Fox, LCSW

The Family Therapy Clinic offers training in Emotionally Focused Couple Therapy and /or systemically based family therapy. Interns treat 2 families, participate in one and a half hour weekly didactic and receive one hour weekly supervision. Cases are videotaped and tapes are used in both individual and group supervision. Interns are part of a multidisciplinary team and offer consultation to peers through group case discussion as well as participation on Reflecting Teams. This training may be taken as a component of the PTSD rotation or as an independent minor rotation.

14. Interdisciplinary Pain Clinic (6-12 hours per week): Sarah Palyo, PhD

The Interdisciplinary Pain Clinic is an opportunity for trainees to participate in an interdisciplinary, medical-based clinic that takes a multi-modal approach to the treatment of chronic pain conditions. In addition to psychology, disciplines represented on the Pain Clinic team include anesthesia, physical medicine and rehabilitation, physical therapy, pharmacy, and nursing. An emphasis of this rotation is on learning how to work collaboratively in an interdisciplinary team setting. Veterans who are referred to the clinic are often struggling with complex pain conditions, psychiatric/substance use disorders, and significant physical disability. Pain Clinic offers medication consultation to primary care providers as well as treatment options including interventional pain procedures, physical therapy, and psychotherapy. Interns would have the opportunity to participate in an interdisciplinary assessment clinic, co-lead a weekly pain management group, and provide individual therapy (CBT, ACT, biofeedback) for the management of chronic pain.

15. Health Psychology (6-15 hours per week): Timothy Carmody, PhD

The Health Psychology Program is a six-month rotation during which interns provide psychological consultation and treatment services directly to medical and surgical patients and co-lead group interventions for patients with chronic pain and chronic medical illnesses. Interns can choose to take either a minor or major rotation in Health Psychology, with the time commitment ranging from 6 to 15 hours per week. Patients are referred to the Health Psychology Clinic from primary care, Pain Clinic, and other ambulatory care clinics. Patients referred to Health Psychology with co-morbid psychiatric and substance use disorders participate in other mental health programs concurrently, requiring coordination of care with other mental health providers. Interns choosing Health Psychology as a major rotation may also receive additional training in biofeedback therapy and hypnosis interventions designed to assist patients in managing stress and chronic pain. Finally, this rotation includes a one-hour Health Psychology seminar and case conference. Seminar topics include chronic pain, evidence-based psychological interventions in behavioral medicine, mindfulness, CBT, ACT, treatment of nicotine dependence, and stress management biofeedback, adjustment to medical illness, management of diabetes, and hypnosis in medical settings.

16. Primary Care Psychology (4-8 hours per week): Charles Filanosky, Ph.D.

The six month Primary Care Psychology rotation occurs within the Medical-Practice Mental Health Integrated Clinic, a co-located collaborative care treatment model. Trainees work in an integrated primary care setting with other professionals including physicians and residents, nursing staff, nutritionists, pharmacists, and social workers. As a team, we provide a broad range of health services including mental health care to veterans living within the community. The goal of the rotation is to prepare trainees to work

effectively with medical staff and allied professionals in this fast-paced setting to provide comprehensive patient centered care.

Fully embracing a generalist training model, trainees respond to a broad range of consultation requests including mental health triage which involves immediate follow up for veterans who screen positive for mental health conditions or for whom their primary care providers feel that a connection to specialty mental health services would be beneficial. Trainees also follow veterans on an ongoing basis for brief, focused behavioral health related interventions utilizing motivational interviewing and cognitive behavioral techniques in the context of individual psychotherapy or behavior health lab approaches. Opportunities for the development of group treatments also exist including cross-discipline collaboration with nutrition, social work, and other providers. Some assessment may also be a component of the training and referral questions can include capacity, education, or return to work evaluations or diagnostic clarification including traumatic brain injury, dementia, posttraumatic stress disorder and other conditions.

17. *Psychiatric Intensive Care Unit (PICU) (15 hours): Isabella Fernandez, MD*

This rotation is on an acute care, co-ed general psychiatry locked ward. The length of stay for patients is usually one to two weeks, but may be longer. A variety of disorders are represented, including schizophrenia, affective disorders, borderline personality disorder, anxiety disorders, organic syndromes, post-traumatic stress disorder and substance abuse disorders. The intern is a member of a multidisciplinary team consisting of nurses, social workers and psychiatrist. The unit is an active teaching unit, with nursing and medical students, in addition to the psychology intern.

In general, the intern will be primary therapist for one to two inpatients at any given time, and will be involved in intake interviewing, including a detailed history and mental status exam, developing and carrying out a treatment plan, coordinating discharge planning, and writing the discharge summary. The intern may perform some formal psychological/neuropsychological assessment batteries with patients of interest. The intern spends three to six months on the locked unit. This rotation gives the intern in-depth training in the assessment and treatment of severe psychopathology utilizing a variety of modalities. These include individual, group, family, milieu and pharmacological therapies, as well as electroconvulsive therapy, and also training in multidisciplinary treatment-team functioning and the systems dynamics of inpatient units and modern hospital care. Supervision is provided by an attending psychiatrist. Monday – Friday 9-11am

18. *Psychosis Support Group (1 hour per week): Jennifer Boyd Ph.D.; Nick Kanas, M.D.*

This weekly outpatient psychotherapy group meets for 45 minutes and is for veterans with schizophrenia or related psychotic disorders. Supervision occurs immediately after the group for 15 minutes, making the entire commitment 1 hour per week for a 6-month rotation. Co-therapy is available either with Jennifer Boyd, PhD or Nick Kanas, MD. There may also be a psychiatry resident trainee as well. The group uses Kanas' model as outlined in his book, *Group Therapy for Schizophrenic Patients*. The model is eclectic and includes elements of cognitive behavior therapy as well as psychosocial rehabilitation and recovery orientations. We focus on coping with symptoms such as hallucinations and delusions as well as the stress, stigma, and relationship issues often associated with these disorders

19. Women's Clinic (4-6 hours per week): Caitlin Hasser, MD; Victoria Tichenor, PhD; Hui –Qi Tong, PhD; Angela Waldrop, PhD

The Women's Clinic is a 6-month rotation in Women's Mental Health. The clinic provides a broad range of mental health services integrated in a primary care clinic setting in order to decrease stigma, provide early evaluation and continuity of care. The women's clinic population has a high rate of exposure to a variety of traumas including military sexual trauma, combat trauma, civilian sexual trauma, childhood trauma, and interpersonal violence. In addition to Axis I conditions such as PTSD, mood, substance use and eating disorders, treatment may focus on areas of concern such as emotion regulation, somatic concerns, family responsibilities or interpersonal relationships. Interns will receive training in performing a comprehensive gender sensitive assessment. The rotation is flexibly designed to meet the training needs of the individual intern, with a focus on individual treatment which includes Interpersonal Psychotherapy (IPT), Cognitive Behavioral Therapy (CBT), Time-limited Dynamic Psychotherapy (TLDP) as well as mindfulness-based Interventions. Interns participate in one hour of case conference/didactic weekly and receive one hour weekly supervision.

20. Geropsychology (4-6 hours per week): Jeremy Doughan, PsyD

The Clinical Geropsychology rotation, within the Division of Geropsychiatry, is comprised of five services that will provide training and supervision in the psychology of aging. These rotations consist of:

1. Home Based Primary Care program provides in-home primary care and treatment to veterans with significant chronic medical, cognitive and psychological conditions. The intern will be responsible for providing psychodiagnostic assessments, individual/family psychotherapy and geriatric neuropsychological and capacity evaluations. The intern becomes part of an integral interdisciplinary team (i.e. nurse practitioners, social workers, pharmacist, dietician, psychiatrist) providing valuable input regarding treatment and care planning.
2. Geriatric Medical Practice Clinic provides medical care and treatment in an outpatient setting to ambulatory veterans and their families. This rotation allows the intern to gain further experience in individual psychotherapy, as well as psychodiagnostic testing and neuropsychological assessment.
3. Geriatric Mood Assessment Clinic is an outpatient specialty clinic in geropsychiatry that allows the intern to engage in assessment, diagnosis, intervention and consultation within this geropsychiatric focused clinic. Additionally, the intern will have the opportunity to provide individual psychotherapy and facility group psychotherapy.
4. Hospice/Palliative Care service provides care to veteran patients with life-limiting and terminal illness, as well as their families. The intern will acquire skills needed to assist veterans and families with end of life care, such as individual and family therapy, brief neuropsychological and capacity assessments, mood evaluations, bereavement counseling and staff support.
5. Inpatient Medicine is a consultative role that will focus on neuropsychological/capacity evaluations for medically compromised veterans.

Weekly supervision will be provided by Jeremy Doughan, PhD.

21. Suicide Prevention Program (4-8 hours per week): Mark Stalnaker, PhD; Thais Williams, LCSW

The Suicide Prevention Program is part of a VA national strategy to address the problem of suicidality in the veteran population. The VA program for suicide prevention is based on a public health approach, which recognizes that suicide prevention requires ready access to high quality mental health services, supplemented by programs that address the risk of suicide directly. The suicide prevention team is responsible for a range of administrative, clinical, educational, and community outreach activities focused on accurate and thorough assessment of suicidality, as well as the clinical management and monitoring of patients identified to be at elevated risk of suicide. Suicide prevention staff also coordinate with medical and mental health providers across the San Francisco VA system, working in a consultative and supportive role to enhance the quality of care offered to at-risk patients.

This is a six-month or year-long rotation in which the intern will receive clinical and didactic training in the latest empirically-supported approaches to the assessment and management of suicide risk, as well as emerging theoretical approaches to the understanding of suicidality. Primary clinical duties will involve assessment and intervention with patients dealing with a range of diagnostic concerns and who have been identified to be at elevated risk for suicide. The intern will receive extensive training in and experience conducting a brief suicide safety planning intervention, focused on helping the patient to develop coping resources for dealing effectively with suicidal and other emotional crises. Most clinical contact will occur within the Psychiatric Intensive Care Unit (PICU), although some opportunities for outpatient follow-up may be available. The trainee also has the opportunity to co-lead a 12-week Dialectical Behavior Therapy (DBT) outpatient skills group for a diagnostically heterogeneous group of veterans. Additional opportunities for involvement in administrative duties, outreach activities, and research are also available dependent on interest. Supervision will involve at least one hour weekly meeting with staff psychologist, as well as weekly participation in suicide prevention team meetings.

22. Other Training Opportunities

SFVAMC staff and fellows are involved in a variety of research studies. Interns may be able to participate in these studies or formulate a new mini-project with a staff member. Interns are also permitted to train up to 300 hours per year at off campus sites under the supervision of UCSF Faculty. The intern will be responsible for exploring these options prior to the start of the internship so that the training experience can begin early in the year and negotiated with the Director of Training. Typically, interns find there are more than enough opportunities on site but this allowance is offered for training with populations we may not serve. In the past, interns have worked at the Asian American Outpatient Clinic at UCSF, Bipolar Disorder Clinic, Multicultural Adolescent Program and Prodromal Clinic.

Intern Seminars

Interns attend one hour weekly intern seminar held both at SFVAMC and UCSF. The following are examples of curricula offered at each site:

SFVAMC Psychology Intern Seminar 2009-2010

07/13 Research Opportunities – group discussion/information hour
07/20 Medical Center Orientation

07/27 Group Therapy: Part I – Russell Lemle, PhD
 08/03 Group Therapy: Part II – Russell Lemle, PhD
 08/10 CBT & the Therapeutic Relationship - John McQuaid, PhD
 08/17 Teams and Leadership – Steve Rao, PhD
 08/24 Clinical Supervision – Dawn Lawhon, PhD
 08/31 Exposure Treatments for PTSD - Shira Maguen, PhD
 09/07 Holiday—Labor Day
 09/14 Death and Dying: Psychologists on Hospice & Palliative Care — Michael Drexler, PhD
 09/21 TBI & PTSD – Chuck Filanosky, PhD
 09/28 Quarterly review
 10/05 UCSF Clinical Seminar begins....
 10/12 Holiday -- Columbus Day
 10/19 UCSF (licensure issues)
 10/26 Women's Issues – Caitlin Hasser, MD
 11/02 UCSF (private practice)
 11/09 HIV – Maggie Chartier, PhD and Nicole Yee, PhD
 11/16 Postdoctoral application selections and process
 11/23 Intern check-in & 2010 seminar planning
 11/30 PTSD & police and reception – Charles Marmar, MD
 12/07 Intern check-in, rotation planning, postdoc applications
 12/14 Postdoc Applications
 12/21 No Seminar – holiday break
 12/28 No Seminar – holiday break
 01/04 UCSF (hoarding)
 01/11 Intern check-in

01/18 No seminar – Martin Luther King Day
 01/25 Phantom Limb Pain – John McQuaid, PhD
 02/01 UCSF (substance dependence)
 02/08 Drs. Lemle & McQuaid Conceptualization Debate
 02/15 No Seminar – Presidents Day
 02/22 Working with Transgender Clients: Research and Practice– Shira Maguen, PhD
 03/01 UCSF (forensic psychology)
 03/08 Intern check-in
 03/15 UCSF (LGBT)
 03/22 Foa and Levenson Videos – Russell Lemle, PhD
 03/29 No seminar
 04/05 UCSF (HIV)
 04/12 Dissertations
 04/19 UCSF (infertility)
 04/26 Dissertations
 05/03 UCSF (clinical supervision)
 05/10 Law & Ethics – Kellie Rollins, PsyD
 05/17 UCSF (LGBT)
 05/24 Medical Malpractice -- David Kan, MD
 05/31 No Seminar
 06/07 UCSF (partner violence)

06/14 "Tough Case" – John McQuaid, PhD
06/21 Asian American Psychology – Sam Wan, PhD
06/28 End of year celebration

UCSF CPTP Clinical Seminar Syllabus 2009 - 2010

Overview: A 13-session seminar for pre- and post-doctoral fellows in clinical psychology focused on evidence-based clinical interventions, career development, and licensure issues.

Seminar contacts: Jodi Prochaska, Ph.D. & Janice Tsoh, Ph.D.

October 5:	Welcome Session
October 19	Surviving the Clinical Psychology Licensure Process: Tips for Success Sam Forwood, PhD, Caroline Hollnagel, PhD, Nina Kaiser, PhD, & Sita Patel, PhD
November 2:	Intricacies of Building a Clinical Practice Russell Lemle, PhD, SF VAMC
November 16:	NO SEMINAR: UCSF DEPT OF PSYCHIATRY RESEARCH RETREAT
January 4:	Hoarding: Assessment, Treatment, & Clinical Research Carol Mathews, MD, UCSF Associate Professor
February 1:	Treating Alcoholic and Drug-Addicted Patients in an Individual Psychotherapy Setting David Wasserman, PhD
March 1:	Forensic Psychology Karen Froming, PhD
March 15: 3-5 pm	Working with LGBT Clients Rick Nizzardini, JD, MSW, UC Berkley School of Social Welfare
April 5: 3-5 pm	HIV-Risk Behaviors Valerie Gruber, PhD, SFGH
April 19: 3-5 pm	Psychological Aspects on Infertility and Alternative Family Building Lauri Pasch, PhD, UCSF
May 3:	Making Clinical Supervision More Effective Bev Lehr, PhD, UCSF Robert Reiser, Ph.D., Pacific Graduate School of Psychology
May 17:	TBD
June 7: 3-5 pm	Partner Violence Miriam Hernandez Dimmler, Ph.D., UCSF

Other Seminars

2009-2010 Colloquium Series - Santa Rosa VA CBOC, Mental Health Clinic
Advanced Psychotherapy Seminar with Dr. Mardi Horowitz (at Langley Porter Psychiatric Institute)
UCSF Department of Psychiatry Grand Rounds (at Langley Porter Psychiatric Institute)
Mental Health Service Grand Rounds
Substance Abuse Seminar
Psychology Diversity Committee
Continuing Care Division Clinical Conference
Neuroradiology Conference
Neuropathology Conference
Neurology-Neurosurgery Teaching Conference
Neurosurgery Multidisciplinary Case Conference
Geropsychology Seminars
Psychosocial Rehabilitation and Recovery Didactic Seminars
Psychosocial Rehabilitation Forum
Psychosocial Rehabilitation Training Seminar
Child and Adolescent Psychiatry Grand Rounds – UCSF
Psychiatry Grand Rounds – UCSF
Grand Rounds and Cultural Focus Seminars -- UCSF

Sample presentations (2009-10):

- Risk Assessment Workshop
- The Challenges of Cultural Competence, the relevance of Cultural Congruence and the Urgency of Developing HIV/AIDS Interventions for Ethnically Diverse People
- Cross Cultural Dislocation: A Clinical and Social Dialogue
- Diversity: Progress, Challenges, Solutions
- How Does Change Happen?
- Mirages of Equality for Women in Science
- The Male Brain
- The Essentials of Starting and Leading a Successful Psychotherapy Group
- Loving, Hating, and Knowing: Working with Resistance, Rebellion, and Refusal
- Personality: Axis I's Neglected Stepchild
- Understanding our Patients' Journeys: The Role of Literature
- Mindfulness Meditation
- Living with Mental Illness Panel
- Ethics of Informed Consent
- Addiction and Serious Mental Illness: New Research on Treating Alcohol Dependence in Schizophrenia
- "Your HIV test came back positive." Now what?: The Case for Universal HIV Screening in Mental Health
- Deep Brain Stimulation for Treatment-Resistant Depression
- What is personality disorder?
- Mental Health Services Funding in California: How You Can Help
- Eating for Survival and Pleasure
- Making Clinical Supervision More Effective
- Women & Technology Workshop

- The Evolution of Psychodynamic Psychotherapy Training: A Personal Perspective
- Emotions and decision-making: Exploring brain/body mechanisms in the emotion-behavior link
- HIV Psychiatry Update
- Mental Health Issues of Woman Veterans

Requirements for Completion

Internship is a full-time one year (52 week) program equaling approximately 2080 hours.

In order for Interns to maintain good standing in the program they must:

- For the midpoint of each rotation, obtain ratings that are the equivalent of "close supervision and substantial training required" in at least 80% of items for each competency area.
- Demonstrate progress in those competency areas where less than 80% of items on the evaluation have been rated equivalent to "little supervision needed".
- Not be found to have engaged in any significant ethical transgressions

In order for Interns to successfully complete the program, they must:

- By the end of each rotation, obtain ratings of the equivalent to "little supervision needed" in at least 80% of items in each competency area.
- Not be found to have engaged in any significant ethical transgressions

Facility and Training Resources

Interns share one assigned office. Each has their own workstation with lockable cabinets, drawers, computer and telephone with private extension number. Interns carry VA issued pagers and are not expected to use their own resources such as cell-phones, flash drives and recording equipment. Clinical space will be provided on assigned rotations through a room check-out procedure. Each VA computer has access to the Internet and on-line literature search resources as well as word processing and medical record keeping. There is a broad range of psychological and neuropsychological tests available. Clerical support is available through each treatment unit as well as through Psychological Services. The SFVAMC Medical Library has over 350 current journal subscriptions, 43 of which are mental health related. Medline and Psych Info searches are provided through the library, as are numerous other resources. Interns also have access to the medical library of UCSF, with its 2,600 current journals and Center for Knowledge Management services.

Administrative Policies and Procedures

Our privacy policy is clear: we will not collect personal information about you when you visit our Website.

Procedures for due process in cases of problematic performance are in place, as are grievance procedures to be followed by interns and staff alike.

POLICY & PROCEDURES FOR PROBLEMATIC INTERN PERFORMANCE AND DUE PROCESS

I. Introduction

It is the purpose of the Clinical Psychology Training Program to foster and support the growth and the development of interns during the training year. An attempt is made to create a learning context within which the intern can feel safe enough to identify, examine, and improve upon all aspects of his or her professional functioning. Therefore, interns are encouraged to ask for and supervisors are encouraged to give feedback on a continuous basis. When this process is working, there should be no surprises since an intern is aware of his/her progress on an ongoing basis.

It is a goal of training for supervisors to work with interns to identify both strengths and problem areas or deficiencies as early in the year as possible so as to be able to develop a plan with the intern to address the problem area(s) and build on the strengths.

II. Definitions of Problematic

For the purposes of this document intern “problematic” is defined broadly as an interference to professional functioning which is reflected in one or more of the following ways:

1. a violation of American Psychological Association or Veterans Health Administration professional and/or ethical standards;
2. repeated non-adherence to the rules and regulations of the Clinical Psychology training Program and/or the San Francisco VA Medical Center;
3. an inability to acquire professional skills that reach an acceptable level of competency, and/or
4. an inability to control personal stress and/or excessive emotional reactions which interfere with professional functioning.

Evaluative criteria which link this definition of problematic to particular professional behaviors are incorporated in the specific evaluation forms for clinical work which are completed by supervisors formally at quarterly intervals. These criteria are kept in mind throughout the year and discussions regarding an intern’s progress with respect to them are discussed by the staff in an ongoing manner.

While it is a professional judgment as to when a intern’s behavior becomes problematic, for the purposes of this document a “problem” refers to a intern’s behaviors, attitudes, or characteristics which typically include one or more of the following characteristics:

1. the intern does not acknowledge, understand, or address the problem when it is identified;
2. the problem is not merely a reflection of a skill deficit which can be rectified by academic or didactic training;
3. the quality of services delivered by the intern is sufficiently negatively affected;
4. a disproportionate amount of attention by training personnel is required, and/or

5. the intern behavior does not change as a function of feedback, remediation efforts, and/or time.

III. Policy

- A. It is the policy that interns may fail a specific rotation, and/or entire internship and/or they may be terminated from the program prior to completion. It is expected that this will be an extremely unusual event. Because the intern group may be diverse and because interns come with different skills and abilities, it is not expected that all interns will have achieved the highest level of accomplishment in all areas in order to satisfactorily complete a rotation. Failure and/or termination may occur for any of the following reasons but it is not limited to this list:
 1. incompetence to perform typical psychological services in this setting and inability to attain competence during the course of internship;
 2. violation of the ethical standards of psychologists;
 3. failure to meet the minimum standards for either patient contact, didactic training, or testing competence;
 4. behaviors which are judged as currently unsuitable and which hamper the intern's professional performance;
 5. violation of VHA or San Francisco VA Medical Center regulations.
- B. It is also the policy that the intern can invoke his/her right of appeal as specified the Procedures and Due Process section of this document.

Procedures and Due Process

A. Determination of "Problematic" Status

Whenever a supervisor becomes aware of an intern problem area or deficiency which seems not be resolvable by the usual supervisory support and intervention, it should be called to the attention of the Director of Training. The Director of Training will gather information regarding this problem including, if appropriate, an initial discussion with the intern. The Director of Training will then present the situation to a meeting of the Training Committee (minus the Chief Psychologist). A determination will then be made by consensus whether or not to label the intern "problematic," which implies the possibility of discontinuing the training. This will be done after a thorough review of the intern's work and performance, and one or more meetings with the intern to hear his/her point of view. If such a determination is made, a further decision is made by majority vote of the Training Committee to either (1) construct a remedial plan which, if not successfully completed, would be grounds for termination; or (2) initiate the termination procedure.

B. Remedial Action

An intern who is determined to be "problematic" but potentially able to benefit from the remedial action will be asked to meet with the Training Committee to discuss the concern(s) and to determine the necessary steps to correct it. Members of the faculty at the intern's graduate program shall be consulted for input into this planning process. When a plan for correction has been determined, the intern will receive written explanation of the concern and specifics of the corrective plan. This plan will

also specify the time frame for the corrective action and the procedure for determining that the correction has been adequately achieved. If the correction has not been accomplished, either a revised remedial plan will be constructed, or the Training Committee will proceed to terminate the intern.

C. Procedure for Termination and Appeal

1. Due Process: The intern will be provided an opportunity to present arguments against termination at a special meeting of the Training Committee. Direct participation by the Director of Training or another designee from the intern's graduate program shall be sought. If he/she is unable to attend personally, arrangement shall be made for some means of conference call communication. Additionally, other representation may be sought by the intern.
2. Appeal: Should the Training Committee recommend termination, the intern may invoke his/her right of appeal to the Chief Psychologist. That individual may appoint one or more psychologists to assist him/her in responding to the appeal. These psychologists would not be on the Training Committee (nor would have supervised the intern) and may include someone from another APA-accredited program such as Palo Alto VA. The training program shall abide by the decision of the appeal process.

Grievance Policy & Procedures

It is the goal of the Psychology Training Program to provide an environment that creates congenial professional interactions between staff and interns that are based on mutual respect; however, it is possible that a situation will arise that leads an intern to present a grievance. The following procedures are designed to ensure that a grievance is resolved in a clear, timely and practical manner.

1. Causes for grievance could include, but are not limited to, exploitation, sexual harassment or discrimination, racial harassment or discrimination, religious harassment or discrimination, capricious or otherwise discriminatory treatment, unfair evaluation criteria, and inappropriate or inadequate supervision and training.
2. Causes for grievances should be addressed in the following steps:
 - a. The intern should make a reasonable effort to resolve the matter with the person(s) with whom the problem exists. This might include discussion with the individual in a dyad or with a sympathetic third person to act as an intermediary. When causes for grievance involve a psychologist, the intern should always notify the Director of Training, even if the issue is resolved.
 - b. A situation might be too difficult for an intern to speak directly to the individual. In that instance, the Director of Training should be involved to seek an informal resolution of the matter.
 - c. If the steps taken in a and b above fail to resolve the matter adequately, the intern can file a formal written grievance with the Director of Training. This grievance should outline the problem and the actions taken to try and resolve it. The Director of Training has the responsibility to investigate the grievance. The Director of Training will communicate to the Psychology Training Committee and will involve the Training Committee in the investigation as warranted. Based upon the findings of the investigation by the Director of

Training (and Training Committee, if indicated), the Director of Training will decide how to resolve the matter. In most instances, this decision will be made in consultation with the Training Committee.

d. If the grievance is against the Director of Training, the Chief Psychologist will designate a member of the Psychology Training Committee to undertake the investigation of the matter and report back to that office.

e. If the intern is not satisfied with the Director of Training's decision, the matter can be appealed to the Chief Psychologist who will review the complaint and decision and either support the decision, reject it, or re-open the investigation in order to render a decision.

Application & Selection Procedures

Eligibility

Applicants must meet the following required prerequisites to be considered for an internship in the VA:

- **Doctoral student in an APA-accredited Clinical or Counseling Psychology program**
- **Approval for internship status by graduate program training director**
- **U.S. citizenship**
- **Men must have registered for selective service**

Selection Process

The internship program at San Francisco VA Medical Center is competitive. We receive close to 200 applications each year and we interview only about 25-30 of those for our three positions. This is a difficult process and we must cut many very well qualified applicants. Often, the margin between being accepted or rejected is minimal.

Completed applications are reviewed by 2-5 members of our Psychology Training Committee. Sometimes current postdoctoral fellows and interns participate in this process, but no application will be rejected until reviewed by a staff member and the Director of Training. Application ratings are based on the applicant's academic work and accomplishments, breadth and quality of previous clinical training, understanding and skills in psychological assessment, match between our training program and the applicant's needs and interests, letters of recommendation, personal qualities of the applicant (maturity, ethics, responsibility, insight, etc.) and organization and clarity of written material. Ultimately, our selection criteria are based on a "goodness-of-fit" and we look for interns whose interests and training goals match the training that we offer.

We will make a decision about accepting a particular individual for interview as quickly as possible after his or her application has been reviewed. All applicants will be notified by December 15 either by telephone or email whether they will be invited for an interview or not.

Interviews

The Director of Training will notify you if you have been selected for an interview by December 15. We strongly prefer onsite interviews. For applicants who cannot arrange for an on-site visit, we will consider telephone interviews. However, we believe that applicants who have on-site interviews will have greater success in matching with our internship based on the personal contact.

Our interviews are scheduled over the first four weeks in January (January 3-28). They consist of a series of 5-7 half hour individual interviews with the Director of Training and other key psychology staff (your preferences will be considered), a current intern and possibly a postdoctoral fellow. Individual interview styles and structure vary among staff.

Once you have been invited by Dr. Rollins, Director of Training, you may coordinate your interview with our program administrator, Alexa Harrison. Interview slots are limited, but we will attempt to honor your preferences and travel arrangements.

Rankings

An Internship Selection Committee is formed each year that is comprised of members of the Psychology Training Committee, current interns and postdoctoral fellows and is led by the Director of Training. Rankings of interviewees will be determined by this Committee and based on application materials and interviews. Final rankings will be submitted by the deadline of February 9, 2011. We abide by all APPIC policies.

Training Term

The internship is full-time for one year beginning on July 1, 2010 and ending on June 30, 2011. One year at full-time equals approximately 2080 hours. Interns are entitled to 10 federal holidays and earn sick leave and vacation (annual leave) days at a rate of 4 hours of each per two-week pay period (a total of 13 days of each). San Francisco VA also offers generous professional leave for conferences, dissertation defense and other approved educational activities.

Stipend and Benefits

The current stipend is \$28,382 per year. State and federal income tax and FICA (Social Security) are withheld from interns' checks. Interns are not covered by Civil Service retirement or leave and are not eligible for federal life insurance benefits. The United States Government covers interns for malpractice under the Federal Tort Claims Act. VA offers individual and family health insurance plans for interns on a matching basis, (i.e., interns pay half of the premium and the VA pays the other half.) Health benefits are not offered for all recognized marriages, please check with us for exceptions. Dental and vision insurance are also available. San Francisco VA Medical Center also offers a public transportation reimbursement program.

Match Policies

The San Francisco VAMC Psychology Internship Program is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). The guidelines in effect for this application year are available from APPIC. This internship site agrees to follow APPIC guidelines and to abide by the APPIC policy that no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant.

The San Francisco VAMC will participate in the APPIC Internship Matching Program administered by National Matching Services Inc (NMS).

Application Procedures

To apply for our internship

1. Complete the APPIC online AAPI (APPIC Application for Internship) and designate San Francisco VA Medical Center.
2. Submit three letters of recommendation and graduate school transcripts.
3. All application materials must be submitted through the online AAPI. No materials will be accepted by e-mail or US mail.

Contact Information

Given this is a busy season for program staff, we encourage you to read our materials and the VA website before contacting us with administrative questions.

Questions regarding your application or other administrative questions should be directed to Alexa Harrison at alexandra.harrison@va.gov or 415-221-4810 x 2004.

Specific questions regarding Training Program in general may be directed to Dr. Kellie Rollins at kellie.rollins2@va.gov.

Commission on Accreditation (CoA), American Psychological Association

750 First Street, NE

Washington, DC 20002-4242

202-336-5979

www.apa.org/ed/accreditation/

In accord with the Federal Drug-Free Workplace Program, interns may be subject to urine testing for illicit drug use. Other branches of the federal government (Office of Personnel Management) may conduct routine background checks at their discretion.

The San Francisco VAMC is an Affirmative Action/Equal Opportunity Employer.

San Francisco VA Medical Center Psychology Training Staff

Keith R. Armstrong, L.C.S.W. is the Director of the Family Therapy Clinic, the social workers in Mental Health Service and is a Clinical Professor of Psychiatry at the University of California, San Francisco (UCSF). He is also a member of the Posttraumatic Stress Disorder Program. Prior to his 21 years of outpatient work at the VA he was the inpatient social worker for the VA's Psychiatric Inpatient Unit. He received his masters degree in Social Work from University of California, Berkeley in 1984. He is author of clinical and research articles and chapters addressing the treatment of traumatized individuals and families. He co-authored *Courage After Fire*, a self-help book for returning Iraq and Afghanistan veterans and their families. In 2005 he was given his 4th excellence in teaching award by the University of California Psychiatry Residents Association. In 2005 he also won the Excellence in Direct Teaching Award by the Haile Debas Academy of Medical Student Educators. He currently is involved in caregiver research at the Kansas City VA Medical Center and is also involved in consulting to the intensive Family Therapy program at UCSF.

Peter Banyas, M.D., M.Sc. is the Director of the SF VA Substance Abuse Programs and the Program Director for the Addiction Psychiatry/Addiction Medicine Fellowships at UCSF and SF-VAMC. Dr. Banyas has developed a phase model of recovery that guides treatment in these programs. He is Health Sciences Clinical Professor of Psychiatry at UCSF. Over thirty fellows have completed the fellowship and have obtained faculty appointments at UCSF, Stanford, University of Pennsylvania, Yale and elsewhere. Others have gone to work for Kaiser Permanente, City and County of San Francisco, and other community agencies such as the Haight Ashbury Free Clinics. He is active in clinical research and is a co-investigator in two NIDA sponsored research centers. Dr. Banyas was educated at Harvard University (as a National Merit Scholar), the London School of Economics and Political Science (as an English Speaking Union Scholar), and obtained his MD from Case Western Reserve School of Medicine. He is a Past-President of the California Society of Addiction Medicine and a past member of the Executive Boards of the California Society and the American Society of Addiction Medicine. Dr. Banyas is the recipient of the Federal Employee of the Year Award from the VA, and the Vernelle Fox Award from CSAM for Excellence in Physician Teaching. He is listed in *Best Doctors in America*. He sits on the State Advisory Committee for the California Department of Alcohol and Drug Programs. He helped to craft Proposition 36, the California initiative in 2000 that offered treatment rather than incarceration for uncomplicated illicit drug possession. In 2006 he began consulting to the Ministry of Health in Vietnam and US aid and HIV-prevention agencies about development of addiction treatment programs in-country. With Joan Zweben, Ph.D., he directs the weekly Faculty-Fellows Seminar on Addiction Treatment.

Steven L. Batki, M.D. directs the Addiction Psychiatry Research Program at the San Francisco VA Medical Center, within the UCSF Department of Psychiatry. Prior to his return to UCSF, Dr. Batki had served as Professor and Director of Research in the Department of Psychiatry at the State University of New York (SUNY) Upstate Medical University from 1999 to 2007. Dr. Batki completed his psychiatry training at UCSF where he taught, directed clinical services, and conducted clinical research from 1983 to 1999. In his previous roles at UCSF, he was Clinical Professor of Psychiatry and Director of the Division of Substance Abuse and Addiction Medicine at San Francisco General Hospital until his move to SUNY Upstate Medical University in 1999. Dr. Batki engages in clinical research in addiction psychiatry and psychopharmacology with a focus on the treatment of addiction and comorbid mental illness and medical disorders. His NIAAA-funded research addresses the treatment of alcohol problems among individuals with schizophrenia. His NIDA project is aimed at improving the treatment of injection drug users with chronic Hepatitis C infection. Dr. Batki's research at the San Francisco VAMC will continue to focus on psychopharmacology and addiction comorbidity with schizophrenia as well as PTSD.

Jennifer E. Boyd, Ph.D., CPRP, is the Director of the Psychosocial Rehabilitation and Recovery Center and an Associate Adjunct Professor of Psychiatry at the University of California, San Francisco. Dr. Boyd was educated at Stanford University, the University of Maryland, Georgetown University, and Columbia University. Her research investigates the influence of sociocultural factors on psychopathology, such as the cross-cultural validity of psychological measures, and the effect of internalized stigma on the course of severe mental illness. Recent papers include "Hearing voices: Explanations and implications," "Internalized stigma predicts erosion of morale among psychiatric outpatients," "Internal validity of an anxiety disorder screening instrument across five ethnic groups," "Cultural differences in patterns of mood states on board the International Space Station" "Association of Rorschach and MMPI psychosis indicators and schizophrenia spectrum diagnoses in a Russian clinical sample." In clinical work, Dr. Boyd uses the recovery model of psychosocial rehabilitation.

Timothy P. Carmody, Ph.D. is Director of the Health Psychology Program and Clinical Professor in the Department of Psychiatry, UCSF. He received his doctorate in clinical psychology from the University of Montana in 1977 and has been a member of the Psychological Services staff since 1985. For eight years, he was a faculty member in the Department of Medical Psychology at the Oregon Health Sciences University. His professional interests include nicotine dependence, chronic pain, obesity/weight control, and behavioral factors in the prevention and treatment of coronary heart disease. He is affiliated with the Department of Psychiatry's Treatment Research Center in which he directs a clinical trial on tobacco use cessation in alcohol-dependent smokers. He has published in a variety of areas in behavioral medicine including smoking cessation, pain management, coronary risk factors, dietary management of hyperlipidemia, coronary-prone behavior, and medical adherence. Dr. Carmody has been the recipient of a Research Career Development Award from the National Heart, Lung, and Blood Institute (NHLBI) and he has served on several ad hoc grant review committees for NHLBI. His research has been funded by the VA HSR&D and RR&D Programs, NIDA, and the University of California Tobacco-Related Diseases Research Program. He serves as an editorial consultant to several professional journals and member of the editorial boards for the *Journal of Clinical Psychology in Medical Settings* and *Psychological Services*. He also serves as chair of the VA's National Technical Advisory Group for tobacco use cessation, secretary/treasurer for the APA Division 18/VA section, and member of the Evidence-Based Behavioral Medicine Committee for the Society of Behavioral Medicine.

John Devine, M.D. is a staff psychiatrist General Psychiatry Outpatient Services and is an Associate Clinical Professor, Department of Psychiatry, University of California, San Francisco. Dr. Devine received his medical degree from the University of Vermont in 1988, and completed his internship and residency in psychiatry at the University of California, San Francisco in 1992. He served as Chief Resident in Psychiatry at the SFVAMC from 1992-93, and has since worked as a staff psychiatrist in the outpatient services. His interest include psychiatric education, psychodynamic psychotherapy, group psychotherapy, treatment issues related to affective disorders and the psychiatric issues of patients with HIV infection. Dr. Devine's most recent publication has been a chapter on psychotherapy of patients with HIV infection in a book entitled: *The UCSF ADS Health Project Guide to Counseling: Perspectives on Psychotherapy, Prevention and Therapeutic Practice*.

Michael L. Drexler, Ph.D., CPRP, is the Local Psychosocial Recovery Coordinator (LRC) for Serious Mental Illness at the SFVAMC. As the LRC, he provides patient and staff education, support, consultation and evidence-based intervention supporting role recovery. He works closely with interdisciplinary teams across the service, and most intensely with the Psychosocial Rehabilitation and Recovery Center, the Psychiatric Intensive Outpatient Program, and also provides input and service to the Psychiatric Inpatient Care Unit as well as Mental Health Intensive Case Management. He also provides evaluations in the Compensation and Pension Clinic and manages the mental health services provided in that clinic. Dr. Drexler is a staff psychologist and neuropsychologist. Prior to becoming the LRC, he served as Geropsychologist and Geriatric Neuropsychologist at SFVAMC. Before coming to the VA, he worked at Laguna Honda Hospital and Rehabilitation Center in San Francisco, one of the largest skilled nursing and subacute rehabilitation facilities of its kind, where he served as Director of the Neuropsychology Service, Program Director of Psychosocial Units, and Psychosocial Coordinator of the Dementia Cluster. Dr. Drexler has worked as the consulting psychologist/neuropsychologist for Geriatric Services of San Francisco, Garfield Geropsychiatric Hospital in Oakland, Morton Bakar Geropsychiatric Center in Hayward (which was heavily oriented toward psychosocial rehabilitation), and Letterman Army Medical Center in San Francisco. He is Assistant Clinical Professor at UCSF, adjunct professor at the California School of Professional Psychology of Alliant University, Berkeley/Alameda, and is Instructor in Psychosocial Rehabilitation, Geropsychology and Neuropsychology at UC Berkeley Extension. Dr. Drexler is a Fellow of the National Academy of Neuropsychology, and his service to that organization has included being Chair of the Education Committee. He is board certified by the United States Psychiatric Rehabilitation Association. He is a Past President of the Northern California Neuropsychology Forum. He received his doctorate from the California School of Professional Psychology of Alliant International University, Berkeley, in 1988.

Maria Isabella Fernandez, M.D. is the Director of Psychiatric Intensive Care Unit and Assistant Clinical Professor at University of California, San Francisco. She graduated medical school at the University of Barcelona and completed residency at UCSF and a fellowship in geriatric psychiatry at Brown University. Her areas of interest are inpatient psychiatry, mood disorders, electroconvulsive therapy, and geriatric psychiatry. She teaches and directly supervises 3rd year UCSF medical students on their core psychiatry rotation and lectures in medical student rounds. She has published in the areas of panic disorder and treatments with buprenorphine.

Charles Filanosky, Ph.D., Ed.M. is a Staff Clinical and Rehabilitation Neuropsychologist in the Medical Practice – Mental Health Integrated Clinic (MP-MHIC) joining the SFVAMC in 2007. He is also an Assistant Clinical Professor of Psychiatry at UCSF. Prior to this, he completed a two year post-doctoral residency in clinical neuropsychology and rehabilitation research at The Mount Sinai Medical Center in New York and was an adjunct member of the faculty at Hunter College of the City University of

New York. He earned his doctorate at the Pacific Graduate School of Psychology (2004) and has a Master's degree in education from Boston University (1995). Dr. Filanosky is primarily located in the MP-MHIC where he evaluates veterans who screen positive for mental health concerns and provides consultation services to the medical staff and residents. His therapeutic approach integrates cognitive-behavioral, existential, and mindfulness based therapies. He also performs neuropsychological evaluations for PNAP where he specializes in traumatic brain injury (TBI). In addition, he is involved in the coordination of services for returning OEF/OIF veterans, consults to the PCT, performs compensation and pension evaluations and is a member of the Polytrauma Clinical Support Team. His research interests include neuropsychological assessment, TBI, applications of technology in within mental health, and coping with grief and bereavement.

Chris Galloway, Ph.D., is a staff psychologist for the Substance Abuse Day Hospital (SADH) and the Drug and Alcohol Treatment (DAT) programs. After receiving his Ph.D. in Clinical Psychology in 2006 from the University of North Carolina at Chapel Hill, he completed a Postdoctoral fellowship with the Dual Disorders team at the Center for Excellence in Substance Abuse Treatment and Education at the Seattle VA. He established the SFVAMC Suicide Prevention Program in 2007 and continues to work with the SFVAMC Suicide Prevention Team on an interim basis. He has been active in VA Mental Health's System Redesign efforts as a coach for the regional network (VISN 21) and as chair of the SFVAMC Mental Health Systems Redesign Committee. Dr. Galloway's research interests include assessment, etiology, and treatment of substance abuse and comorbid mental health conditions as well as suicide prevention. He is a board member for the Greater San Francisco Bay Area chapter of the American Foundation for Suicide Prevention.

Caitlin Hassler, M.D. is the Director of the Women's Mental Health Program. She was educated at Harvard, completed medical school at the University of Virginia in 1997 and completed her psychiatry residency at UCSF where she served as LPPI Chief Resident in 2007. Dr. Hassler works as a consultant to the Women's Clinic, a multidisciplinary clinic designed to provide comprehensive services to women veterans, where she evaluates patients who screen positive for mental health concerns and consults with primary care providers. She also provides clinical services with the PTSD clinical team and via telemental health. The women's mental health program is currently expanding with increases in the services provided to women as well as educational opportunities for trainees in this integrated setting. Her interests include affective and anxiety disorders during pregnancy and the postpartum period, sexual trauma, post-traumatic stress disorder and improving access to care. She has published in the area of depression and pregnancy. She also has a strong commitment to teaching and regularly supervises psychology and psychiatry trainees.

Ellen Herbst, M.D. is an Assistant Clinical Professor of Psychiatry at UCSF. She is the Medical Director of the Substance Abuse Day Hospital (SADH) at the VA Medical Center, an intensive outpatient day program for patients with substance use and dual-diagnosis disorders. She has extensive clinical experience working with veterans with chronic mental illness, with a particular interest in substance use disorders, women's health, and post-traumatic stress disorder. In 2005, Dr. Herbst helped to design and implement a clinical trial investigating the effectiveness of D-cycloserine medication treatment combined with cognitive behavioral therapy for post-traumatic stress disorder. She also has a strong commitment to teaching and regularly supervises UCSF psychiatric residents, fellows, and medical students.

Sabra Inslicht, Ph.D. is a Staff Psychologist at the PTSD Clinic at the San Francisco VA Medical Center (SFVAMC). She received her Ph.D. in clinical and health psychology from the University of Pittsburgh, completed a clinical internship at the Palo Alto VA and clinical and research postdoctoral fellowships at Stanford, UCSF, and the SFVAMC. Within the PTSD program, Dr. Inslicht conducts evaluations of PTSD patients, sees individual therapy cases and specializes in evidenced based treatments for PTSD, including Prolonged Exposure and Cognitive Processing Therapy for PTSD. Research interests include biological risk and resilience in PTSD such as fear extinction processes and associated neurobiological correlates, pharmacological adjuncts to enhance fear extinction, and the application of these findings to the treatment of PTSD in veterans. She also conducts research on gender differences in biological moderators (i.e. neurosteroids) of the stress response in PTSD. She is available for consultation on both research and clinical activities.

Joshua Israel, M.D. is staff psychiatrist on the Psychiatric Intensive Care Unit and Electroconvulsive Therapy Services, and is an Associate Clinical Professor, Department of Psychiatry, University of California, San Francisco. Dr. Israel received his medical degree from the University of Massachusetts 1995, and completed his residency in psychiatry at Massachusetts General Hospital in 1999. Dr. Israel was a clinical fellow at Harvard University from 1995-1999. He completed a UCSF fellowship in Consultation-Liaison Psychiatry at the San Francisco VA in 2000. From 2000-2001 he was an attending psychiatrist on the Inpatient Psychiatric Unit at the California-Pacific Medical Center in San Francisco where he was also a staff physician on the electroconvulsive therapy service. He has worked as a staff psychiatrist at the San Francisco VA since 2001. Dr. Israel's interests include psychopharmacology of depression and adult attention-deficit/hyperactivity disorder, and ECT. Dr. Israel's most

recent publication has been a chapter on somatic therapies for depression in The Massachusetts General Hospital Psychiatry Update and Board Preparation Guide.

David Kan, M.D. is the Medical Director of the ORT clinic and Medical Review Officer for SFVAMC. He received his medical degree from Northwestern University Medical School and completed his psychiatry residency at UC San Francisco. He has also completed a Forensic Psychiatry Fellowship. He has supervised psychiatry and psychology trainees in the ORT and Substance Abuse Day Hospital and has won teaching awards through UCSF. His professional interests include addiction treatment, forensic psychiatry and assessment and treatment of special populations including the criminal justice populations. Dr. Kan also works part time for the City and County of San Francisco conducting evaluations and risk assessments. He is a member of the SFVAMC psychotherapeutic medications and co-chair of the Behavioral Alert Review committee. He authored the addiction chapter for First Aid for the Psychiatry and Neurology Boards published by McGraw-Hill Medical Publications.

Dawn Lawhon, PhD is a staff psychologist on the Posttraumatic Stress Disorder Team (PCT). After receiving her Ph.D. in Clinical Psychology and Women's Studies from the University of Michigan (2004), Dr. Lawhon completed a clinical post-doctoral fellowship in PTSD at the San Francisco VAMC (2005) and a NIDA-funded research fellowship in substance abuse treatment at the University of California, San Francisco (2007). Dr. Lawhon's research focuses on family systemic issues of individual treatment (e.g., how a patient's significant other affects and is affected by the patient's involvement in treatment, and in turn, how such systemic processes might be used to increase treatment adherence and efficacy). Other interests include psychotherapeutic issues of race, gender, class, and sexual orientation. Within the PTSD clinical program, Dr. Lawhon conducts evaluations, leads therapy groups, and treats patients in individual therapy, with emphasis on enhancing motivation for treatment and recovery from military sexual trauma. She serves as PCT Intake Coordinator, and also oversees coordination and provision of mental health services for Afghanistan and Iraq War veterans through an integrated clinic located in Primary Care. Dr. Lawhon specializes in psychodynamic, interpersonal, and self-psychological approaches to treatment, and also conducts prolonged exposure therapy for PTSD. She provides supervision to psychology interns, externs and fellows, teaches psychiatry residents in training with the PCT, and participates in the PCT educational seminar.

Kewchang Lee, M.D. Dr. Lee is Director of the Psychiatry Consultation Unit at the SF-VAMC and Associate Clinical Professor of Psychiatry at the UCSF School of Medicine. He is actively involved in clinical and teaching activities, focusing on consultation-liaison psychiatry and mental health issues in the primary care setting. He is Director of the UCSF Fellowship Program in Psychosomatic Medicine, and has published several chapters in psychiatry, internal medicine, and geriatric medicine texts. Dr. Lee was educated at Harvard University, and received his MD at New York University in 1992. He was trained in the psychiatry residency program at UCSF.

Russell Lemle, Ph.D. is Psychology Director, Mental Health Service and Associate Clinical Professor, UCSF Medical School, Department of Psychiatry. He obtained his doctorate from SUNY at Buffalo in 1979. He completed his pre-doctoral internship at UCLA Neuropsychiatric Institute and postdoctoral fellowship in Family Therapy at Langley Porter Psychiatric Institute. Between 1984 and 1993, he was Chief of the SFVAMC Outpatient Alcohol Clinic, during which period he authored clinical articles on alcohol treatment and etiology. Since 1992, he has been the Psychology Director (formerly called Chief Psychologist) and served as Director of Psychology Training 2003 -2008. Other areas of professional interest, teaching and publications include couples therapy, psychotherapy process and group therapy. Dr. Lemle is on the Planning Committee of the yearly national VA Psychology Leadership Conference and trainees are invited to attend the conference. In 2005, he received an APA Presidential Citation for his significant contributions to national VA Psychology issues. Dr. Lemle is a Fellow in APA Division 18.

Shira Maguen, Ph.D. is a Staff Psychologist on the Posttraumatic Stress Disorder Clinical Team (PCT). Dr. Maguen completed her internship and postdoctoral training at the National Center for PTSD at the VA Boston Healthcare System after receiving her doctorate in Clinical Psychology from Georgia State University. She is involved with both the clinical and research components of the PTSD program. Within the PTSD clinical program, Dr. Maguen conducts evaluations, leads therapy groups, and sees patients for individual therapy. She is involved in the provision of services for the returning Afghanistan and Iraq War veterans, including working as part of the Integrated Care Clinic and facilitating an OIF/OEF Reintegration Group. Dr. Maguen specializes in evidence-based cognitive behavioral therapies, including Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE) Therapy and for PTSD. She leads the CPT seminar and supervision group offered through the PCT. She provides supervision to psychology interns, externs and fellows, teaches psychiatry residents in training with the PCT, and participates in the PCT educational seminar. Her research interests fall under the umbrella of PTSD and include risk and resilience factors in veterans, the psychological impact of exposure to death and dying in Iraq War veterans, complicated grief, and coping with the ongoing threat of terrorism in countries such as Israel.

Shannon McCaslin-Rodrigo, Ph.D., is a Staff Psychologist in the Mental Health Service at SFVAMC and an Assistant Adjunct Professor of Psychiatry at UCSF. Dr. McCaslin-Rodrigo's research is focused on risk and resilience factors for PTSD among veterans, police, and disaster responders. She has also studied the nature of the relationship of PTSD to posttraumatic growth among individuals in Sri Lanka. Dr. McCaslin-Rodrigo's current research studies are focused on the impact of PTSD on overall quality of life and functioning among veterans; early interventions for acute stress in-theater; and underlying brain mechanisms of PTSD and pain. In particular, her research aims to understand the behavioral and biological mechanisms that distinguish those with PTSD who experience little functional impairment versus those who develop an often progressive and disabling form of PTSD, with the goal of developing interventions that have the potential to preserve functioning and mitigate disability. Dr. McCaslin-Rodrigo's clinical work is focused on the use of evidence-based treatments for PTSD (e.g., Prolonged Exposure Treatment; Cognitive Processing Therapy).

John R. McQuaid, Ph.D., is Associate Chief of Mental Health for Clinical Administration at the San Francisco VA Medical Center, and serves as a staff psychologist for the General Psychiatric Outpatient Service (GPOS). He completed his undergraduate education at the University of California, San Diego, his Ph.D. at the University of Oregon, and his internship and postdoctoral fellowship at the University of California, San Francisco. Prior to joining the San Francisco VA in 2009, Dr. McQuaid worked at the VA San Diego Healthcare System and UCSD for 13 years as Director of a mood clinic. Dr. McQuaid's clinical and research expertise is in the development and use of cognitive-behavioral interventions for psychiatric disorders and health management issues. He is currently funded for a VA research grant examining the treatment of phantom limb pain using cognitive-behavior therapy and visual feedback. He is a co-investigator or consultant on several other treatment studies applying cognitive-behavior therapy to treatment of psychosis, comorbid depression and substance dependence, and high risk sex behaviors. Dr. McQuaid also has extensive experience as a clinical supervisor, having twice received the teaching excellence award from the VA San Diego/UCSD Psychology Internship Program.

Thomas Neylan, M.D. is the Director of the Posttraumatic Stress Disorders (PTSD) Clinical and Research Programs at the San Francisco Veterans Affairs Medical Center. He is a Professor, In Residence in the Department of Psychiatry at the University of California, San Francisco. Dr. Neylan has been an active researcher in the study of sleep and Posttraumatic Stress Disorder for the past 16 years. He has been the Principal Investigator on multiple funded projects sponsored by the National Institutes of Health, the National Institute of Justice, the Department of Defense, and the Department of Veterans Affairs. Dr. Neylan has first-authored multiple articles in prominent psychiatric journals including the Archives of General Psychiatry, the American Journal of Psychiatry, Biological Psychiatry, Chronobiology International, Journal of Clinical Psychiatry, Journal of Traumatic Stress, Neuropsychopharmacology, and Psychosomatic Medicine. He has presented his research at national meetings such as the American Psychiatric Association, the American College of Neuropsychopharmacology, the American Sleep Disorders Association, and the International Society for Traumatic Stress Studies. Dr. Neylan has served on the National Institutes of Health, Center for Scientific Review, Adult Psychopathology and Disorders of Aging Study Section.

Nancy Odell, LCSW is a clinical social worker on the Substance Use/ Posttraumatic Stress Team (SUPT) and an Associate Clinical Professor at the UCSF Medical School, Department of Psychiatry. She received her graduate degree in Clinical Social Work from Boston College and worked at the National Center for Posttraumatic Stress Disorder prior to working at the San Francisco VA Medical Center. She provides group supervision for psychiatry residents and coordinates the SUPT Clinical Training Seminar. Ms. Odell participated in an inter-cultural exchange in the Republic of Vietnam. She traveled to Vietnam and met with various mental health professionals, university and government officials to exchange treatment information on Posttraumatic Stress Disorder and substance use disorders. She participated in a treatment outcome study with Stanford University investigating the effectiveness of group psychotherapy for women diagnosed with Posttraumatic Stress Disorder from childhood sexual abuse. She has participated in MIRECC funded studies in the treatment of PTSD and is currently involved in an exposure based treatment for Iraq/Afghanistan veterans. She has specific training in Control Mastery and her orientation is cognitive/ behavioral and psychodynamic. Ms. Odell has a private practice in San Francisco.

Sarah Palyo, Ph.D., is a staff psychologist with the SFVAMC Pain Clinic. She received her Ph.D. in clinical psychology from the State University of New York at Buffalo and completed her clinical internship at the Palo Alto VA Medical Center. She completed a post-doctoral fellowship in Stanford University's Behavioral Medicine Clinic. Dr. Palyo specializes in the assessment and treatment of co-occurring chronic pain conditions and psychiatric disorders, with an emphasis on CBT and ACT based interventions. Treatment modalities include individual, group, and video conferencing sessions with patients in the Community Based Outpatient Clinics. Dr. Palyo is also involved in the development of the interdisciplinary Pain Clinic, which has plans to include a CARF-accredited, tertiary pain program. Dr. Palyo's research interests include co-occurring chronic pain and PTSD and resiliency.

Stephen M. Rao, Ph.D. is the Health Behavior Coordinator and Director of Psychology Postdoctoral Training at the SFVAMC. He is a Clinical Professor at the UCSF School of Medicine, in the Departments of Family & Community Medicine and Psychiatry. He obtained his B.A. from Drew University, and his M.A. and Ph.D. from Binghamton University – The State University of New York. He completed a Predoctoral Internship at the Palo Alto VA Health Care System, Psychology Service and a Postdoctoral Fellowship at Stanford University School of Medicine, Department of Psychiatry and Behavioral Sciences. Prior to joining the SFVA Mental Health Service he was a Clinical Research Mentor in the UCSF Clinical Psychology Training Program, within the Public Service and Minority Cluster at San Francisco General Hospital, Director of UCSF Psychosocial Medicine Clinic at SFGH, Director of the UCSF Interdisciplinary Pain Management Program and Associate Director for the Correctional Medicine Consultation Network. His clinical interests include use of evidence-based Cognitive Behavioral Therapy, Behavioral Medicine and Health Psychology, multidisciplinary and Family Systems approaches in the assessment, treatment and self-management, of co-morbid psychiatric, polytrauma, and chronic disease syndromes, within individual and group, couples and family therapies. His teaching and training efforts emphasize a developmental model embedded within a scientist-practitioner approach accompanied by interactive, experiential and problem-based learning approaches. His research interests include clinical translational and treatment outcome investigations into the role of cognition and affect mediating the management of acute and chronic pain, among culturally diverse, underserved and traumatized populations.

Patrick Reilly, Ph.D. is the Director of Mental Health Services at the Santa Rosa VA Community Based Outpatient Clinic, and Professor of Clinical Psychology at the University of California, San Francisco. He received his doctorate in counseling psychology from Stanford University in 1989, where he was an American Psychological Association Minority Fellow. His professional interests include substance abuse treatment, anger management, and the treatment of violent behavior. He currently has administrative, clinical, and teaching duties at both the Santa Rosa VA and the San Francisco VAMC. He has completed research studies with the San Francisco Treatment Research Center, the San Francisco VAMC, and the Honolulu VAMC, on group treatment of anger management for drug treatment and/or PTSD patients. He is currently a co-investigator on a study examining violence-prone substance use patients at the Palo Alto VAMC. He has also served as a co-investigator on cocaine treatment studies and 180-day methadone detoxification protocols. He has received several awards including the 2008 APPIC Award for Excellence in Diversity Training, the 2003 Apex Award for publication excellence for his cognitive-behavioral anger management treatment manual; the American Psychological Association, Division 18, VA Section, Outstanding Administrator Award for 2002; and the 1999 Interdisciplinary Achievement Award by the Langley Porter Psychiatric Institute Alumni-Faculty Association at UCSF. His publications include "Anger Management for Substance Abuse and Mental Health Patients: A Cognitive- Behavioral Therapy Manual" through the Center for Substance Abuse Treatment, SAMHSA, "Anger Management Group Treatment for Cocaine Dependence: Preliminary Outcomes" in the American Journal of Drug and Alcohol Abuse, "Self-Efficacy and Illicit Opioid Use in a 180-Day Methadone Detoxification Treatment" in the Journal of Consulting and Clinical Psychology, and "Anger Management and Temper Control: Critical Components of Posttraumatic Stress Disorder and Substance Abuse Treatment" in the Journal of Psychoactive Drugs.

Kellie Rollins, Psy.D. is the Director of the Clinical Psychology Internship and Practicum Training Programs at San Francisco VA Medical Center and staff psychologist and clinical supervisor of the Opioid Replacement Treatment Team (ORT) within the Substance Abuse Programs at San Francisco VA Medical Center (SFVAMC). She assumes a clinical educator role as Associate Clinical Professor in the Department of Psychiatry at the University of California, San Francisco School of Medicine. Dr. Rollins received her Doctor of Psychology degree from Nova Southeastern University in 2005 after completing predoctoral internship at Harvard Medical School/Boston VA Medical Center where she specialized in assessment and treatment of severe psychopathology in women Veterans and longer-term psychodynamic psychotherapy. She subsequently completed her postdoctoral fellowship at SFVAMC, focusing on the treatment of substance use disorders and posttraumatic stress. As staff psychologist in ORT Clinic, she provides individual psychotherapy and group psychotherapy for Veterans with substance use disorders and co-occurring psychiatric, personality/characterological and medical conditions. As Director of Psychology Training at SFVAMC, Dr. Rollins leads the APA- accredited Clinical Psychology predoctoral internship and the practicum training programs. She is an active member of the VA Psychology Training Council and is Campus Training Representative for the APA Federal Education Advocacy Coordinators. She also serves as the Chair of Quality Improvement for the Substance Abuse Programs at the Medical Center and is a Board member of both the San Francisco Psychological Association and the California Psychological Association.

Mark Stalnaker, Ph.D., is Director of the SFVAMC Suicide Prevention Program. After receiving his Ph.D. in Social Psychology in 2004 from Harvard University, he obtained a Certificate of Clinical Respecialization from the University of Massachusetts at Amherst in 2006. He subsequently completed his clinical internship at the Baltimore VA Medical Center and postdoctoral fellowship in posttraumatic stress at the San Francisco VA Medical Center. As part of the suicide prevention program Dr. Stalnaker performs a range of clinical, administrative, and educational duties focused on the assessment, management, and

treatment of suicidal behaviors in the veteran population. Dr. Stalnaker's research and clinical interests include suicide prevention and behavioral risk management, and cognitive-behavioral and mindfulness-based treatment interventions.

John Straznickas, M.D. is the Team leader for the Substance Use Posttraumatic Team (SUPT) and a staff attending psychiatrist in the Substance Abuse Outpatient Clinic (SAOPC) at the San Francisco VA Medical Center. He is an Associate Clinical Professor in the Department of Psychiatry at the University of California, San Francisco School of Medicine, and has received several teaching awards from the residents in psychiatry including the Excellence in Teaching Award in 2004, 2007, 2008 and 2010. He organizes the substance abuse seminar for all the trainees and supervises the psychiatry residents and the psychology fellows, interns, externs and medical students. He has expertise in the theory and practice of group psychotherapy and leads two group supervision seminars for both faculty group leaders and psychiatry residents. Dr. Straznickas received his medical degree from Duke University and is a graduate of the UCSF psychiatry residency program.

Elizabeth S. Sutherland, Psy.D. is the Geropsychologist in the Geriatrics and Extended Care Line at the San Francisco VA Medical Center. Dr. Sutherland graduated from John F. Kennedy University in 2007 and completed her predoctoral internship at Mount Sinai Medical Center in Manhattan through the Department of Rehabilitation Medicine. Internship specialized in acute inpatient units, which included the spinal cord injury unit, traumatic brain injury unit, and major medical rehabilitation unit. Dr. Sutherland completed her postdoctoral fellowship at the San Francisco VA Medical Center, specializing in older adults for both inpatient and outpatient services. Research interests include evaluating the efficacy of interdisciplinary teams with individuals diagnosed with dementia within long-term care facilities.

Victoria Tichenor, Ph.D. is the training director for the Posttraumatic Stress Disorder Clinical Team. Dr. Tichenor received her Ph.D. in Counseling Psychology from the University of Maryland (1989), completed her internship at Palo Alto VA, and currently is an Associate Clinical Professor of Psychiatry at the University of California, San Francisco. She has been a member of the PCT staff since 1989. Dr. Tichenor is one of the founders of the Family Therapy and women's clinical services components of the PTSD Program. She teaches and supervises Time Limited Dynamic Therapy. Her current interests include the application of mindfulness and wellness interventions to the treatment of PTSD.

Hui Qi Tong, Ph.D. is a staff psychologist with the PTSD Clinic Team /Women's Clinic at the San Francisco VA Medical Center. Dr. Tong received her medical degree from Shanghai Medical College, Fudan University in China and her PhD in Clinical Psychology from Palo Alto University. She completed her psychiatric residency program at Shanghai Mental Health Center, Shanghai Jiao Tong University and her psychology internship and fellowship at the San Francisco VA Medical Center. She has expertise in research-informed psychotherapy and works with an integrative approach. In her clinical work, Dr. Tong conducts CBT-based intervention (i.e. Seeking Safety), Interpersonal Psychotherapy (IPT), Time-limited Dynamic Psychotherapy (TLDP) and Mindfulness-Based Stress Reduction (MBSR). Dr. Tong is also actively involved in the Global Mental Health Program at UCSF, conducting PTSD research and providing training in psychotherapy in China.

Angela Waldrop, Ph.D., is a psychologist and researcher. She received her doctorate in clinical psychology from the University of Missouri-St. Louis. She completed her predoctoral internship and a NIMH-funded research postdoctoral fellowship at the Medical University of South Carolina (MUSC), primarily at the National Crime Victims Research and Treatment Center. She is an Assistant Professor of Psychiatry at UCSF and a Staff Psychologist on the PTSD Clinical Team at the San Francisco VAMC. Her research interests include comorbidity of substance use disorders and PTSD, the role of impulsivity in risky behaviors, HIV risk behaviors, associations between stress reactivity and addiction, and gender differences. Her clinical expertise is in the treatment of PTSD, anxiety and mood disorders, and substance use disorders.

Samuel Wan, Ph.D., is a staff psychologist with the SFVAMC Substance Use and PTSD Clinic (SUPT). He completed his predoctoral internship with the Boston Consortium in Clinical Psychology and post-doctoral fellowship in Substance Use Disorders at the San Francisco VA Medical Center. He received his Ph.D. in Counseling Psychology from Boston College, and later collaborated on a clinical research project investigating the efficacy of treatments for co-occurring chronic pain and PTSD. As part of the SUPT clinic, Dr. Wan performs a range of clinical, administrative, and educational duties focused on the assessment, management, and treatment of co-occurring substance abuse and PTSD in the veteran population. Dr. Wan's research and clinical interests include substance use disorders, posttraumatic stress disorder, multicultural psychology, particularly Asian American psychology, and gender issues. For 2008-09, Dr. Wan was selected as an Early Career Leadership Fellow with the Asian American Psychological Association, where he has been active on projects focused on social justice and advocacy for Asian Americans and psychology in general. He is currently serving as Chair of the Psychology Diversity Committee.

Joan Zweben, Ph.D. is part time staff psychologist at the VA where she supervises trainees in issues related to the treatment of addiction. Dr. Zweben is a Clinical Professor in the Department of Psychiatry, UCSF Medical Center. Dr. Zweben is an APA Fellow in the Addiction Division since 1997. Most of her time is spent as Director of the East Bay Community Recovery Project in Oakland, a substance abuse treatment program that provides psychological and medical services in residential and outpatient settings, and also offers supportive housing. Dr. Zweben is widely known as a consultant in the area of drug and alcohol treatment. She is an author of four books and over 60 journal articles and book chapters on substance abuse issues.. She does consulting and training in a wide range of drug and alcohol treatment modalities. She has been on the National Steering Committee of NIDA's Clinical Trials Network since 2002 and is currently its Co-Chair.

